



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 15002, Fish, anchovy, european, canned in oil, drained solids**

**Report Date: June 25, 2017 17:12 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.92 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 anchovy 4g	1 can (2 oz) 45g	5.0 anchovies 20g
<b>Proximates</b>								
Water	g	50.30	--	--	14.26	2.01	22.64	10.06
Energy	kcal	210	--	--	60	8	94	42
Energy	kJ	879	--	--	249	35	396	176
Protein	g	28.89	--	--	8.19	1.16	13.00	5.78
Total lipid (fat)	g	9.71	--	--	2.75	0.39	4.37	1.94
Ash	g	11.10	--	--	3.15	0.44	5.00	2.22
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00
<b>Minerals</b>								
Calcium, Ca	mg	232	--	--	66	9	104	46
Iron, Fe	mg	4.63	--	--	1.31	0.19	2.08	0.93
Magnesium, Mg	mg	69	--	--	20	3	31	14
Phosphorus, P	mg	252	--	--	71	10	113	50
Potassium, K	mg	544	--	--	154	22	245	109
Sodium, Na	mg	3668	--	--	1040	147	1651	734
Zinc, Zn	mg	2.44	--	--	0.69	0.10	1.10	0.49
Copper, Cu	mg	0.339	--	--	0.096	0.014	0.153	0.068
Manganese, Mn	mg	0.100	--	--	0.028	0.004	0.045	0.020
Selenium, Se	µg	68.1	--	--	19.3	2.7	30.6	13.6
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 anchovy 4g	1 can (2 oz) 45g	5.0 anchovies 20g
Thiamin	mg	0.078	--	--	0.022	0.003	0.035	0.016
Riboflavin	mg	0.363	--	--	0.103	0.015	0.163	0.073
Niacin	mg	19.903	--	--	5.643	0.796	8.956	3.981
Pantothenic acid	mg	0.909	--	--	0.258	0.036	0.409	0.182
Vitamin B-6	mg	0.203	--	--	0.058	0.008	0.091	0.041
Folate, total	µg	13	--	--	4	1	6	3
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	13	--	--	4	1	6	3
Folate, DFE	µg	13	--	--	4	1	6	3
Choline, total	mg	85.0	--	--	24.1	3.4	38.2	17.0
Vitamin B-12	µg	0.88	--	--	0.25	0.04	0.40	0.18
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	12	--	--	3	0	5	2
Retinol	µg	12	--	--	3	0	5	2
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	40	--	--	11	2	18	8
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	3.33	--	--	0.94	0.13	1.50	0.67
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta	mg	0.02	--	--	0.01	0.00	0.01	0.00
Tocopherol, gamma	mg	0.17	--	--	0.05	0.01	0.08	0.03
Tocopherol, delta	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.7	--	--	0.5	0.1	0.8	0.3
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	0.5	0.1	0.8	0.3
Vitamin D	IU	69	--	--	20	3	31	14
Vitamin K (phylloquinone)	µg	12.1	--	--	3.4	0.5	5.4	2.4
<b>Lipids</b>								
Fatty acids, total saturated	g	2.203	--	--	0.625	0.088	0.991	0.441
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 anchovy 4g	1 can (2 oz) 45g	5.0 anchovies 20g
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.020	--	--	0.006	0.001	0.009	0.004
14:0	g	0.428	--	--	0.121	0.017	0.193	0.086
16:0	g	1.326	--	--	0.376	0.053	0.597	0.265
18:0	g	0.420	--	--	0.119	0.017	0.189	0.084
Fatty acids, total monounsaturated	g	3.770	--	--	1.069	0.151	1.697	0.754
16:1 undifferentiated	g	0.590	--	--	0.167	0.024	0.265	0.118
18:1 undifferentiated	g	2.942	--	--	0.834	0.118	1.324	0.588
20:1	g	0.009	--	--	0.003	0.000	0.004	0.002
22:1 undifferentiated	g	0.163	--	--	0.046	0.007	0.073	0.033
Fatty acids, total polyunsaturated	g	2.562	--	--	0.726	0.102	1.153	0.512
18:2 undifferentiated	g	0.362	--	--	0.103	0.014	0.163	0.072
18:3 undifferentiated	g	0.017	--	--	0.005	0.001	0.008	0.003
18:4	g	0.078	--	--	0.022	0.003	0.035	0.016
20:4 undifferentiated	g	0.010	--	--	0.003	0.000	0.005	0.002
20:5 n-3 (EPA)	g	0.763	--	--	0.216	0.031	0.343	0.153
22:5 n-3 (DPA)	g	0.041	--	--	0.012	0.002	0.018	0.008
22:6 n-3 (DHA)	g	1.292	--	--	0.366	0.052	0.581	0.258
Cholesterol	mg	85	--	--	24	3	38	17
<b>Amino Acids</b>								
Tryptophan	g	0.324	--	--	0.092	0.013	0.146	0.065
Threonine	g	1.266	--	--	0.359	0.051	0.570	0.253
Isoleucine	g	1.331	--	--	0.377	0.053	0.599	0.266
Leucine	g	2.348	--	--	0.666	0.094	1.057	0.470
Lysine	g	2.653	--	--	0.752	0.106	1.194	0.531
Methionine	g	0.855	--	--	0.242	0.034	0.385	0.171
Cystine	g	0.310	--	--	0.088	0.012	0.139	0.062
Phenylalanine	g	1.128	--	--	0.320	0.045	0.508	0.226
Tyrosine	g	0.975	--	--	0.276	0.039	0.439	0.195
Valine	g	1.488	--	--	0.422	0.060	0.670	0.298
Arginine	g	1.729	--	--	0.490	0.069	0.778	0.346
Histidine	g	0.850	--	--	0.241	0.034	0.383	0.170

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 anchovy 4g	1 can (2 oz) 45g	5.0 anchovies 20g
Alanine	g	1.747	--	--	0.495	0.070	0.786	0.349
Aspartic acid	g	2.958	--	--	0.839	0.118	1.331	0.592
Glutamic acid	g	4.312	--	--	1.222	0.172	1.940	0.862
Glycine	g	1.387	--	--	0.393	0.055	0.624	0.277
Proline	g	1.021	--	--	0.289	0.041	0.459	0.204
Serine	g	1.179	--	--	0.334	0.047	0.531	0.236
<b>Other</b>								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0